

PROJECT COLLABORATE

working together for better health in our community

University of Texas College of Pharmacy students providing health maintenance evaluations to many in Texas' underserved communities.

Quarterly Newsletter

October 2016

Methadone and Children with Sickle Cell Anemia

Children with sickle cell anemia are subject to frequent and debilitating pain episodes resulting in emergency room visits and/or hospitalization. Morphine has been typically used to manage their pain.

Researchers at Washington University School of Medicine in St. Louis have found that giving children low doses of methadone in their medication regimen can reduce the amount of pain experienced during the episodes and subsequently decrease the amount of time the children spend in the hospital.

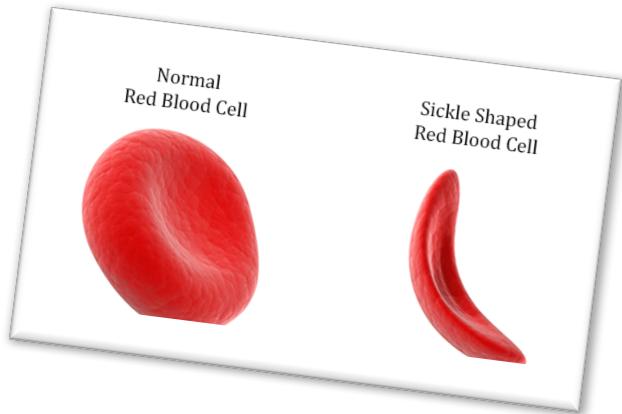
Methadone has a faster onset and a longer duration than morphine making it a better choice for pain management in children with sickle cell anemia. Methadone has the potential to limit the amount of time these children spend in the hospital and in turn improve their quality of life



What is sickle cell anemia?

Sickle cell anemia is a blood condition in which the body produces crescent or *sickle* shaped red blood cells. These sickle-shaped cells can attach to vessel walls and prevents good blood flow.

(More information on sickle cell anemia can be found here: <http://www.mayoclinic.org/diseases-conditions/sickle-cell-anemia/basics/definition/con-20019348>)



What is *Opioid*?

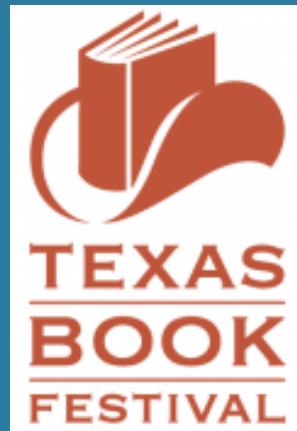
Opioids are a class of drugs that provide pain relief. Common opioids include morphine, fentanyl, hydrocodone, and codeine. Common side effects of opioids include constipation, drowsiness, nausea, and vomiting. Addiction to opioids can develop and thus opioids should be taken under the supervision of a physician.

Active in Austin

Fun activities happening in Austin next month:

- November 4-6th: Sound on Sound Festival
- November 5-6th: Texas Book Festival
 - For more detailed schedule, visit: <https://www.texasbookfestival.org/2016-grid-schedule.php>
- November 16th-December 4th: A Christmas Affair
- November 19-20th: Fossil Fest
- Turkey Trot

For more information, visit:
www.austintexas.org/visit/events/october-november/



Hypertension

High blood pressure, or hypertension, is the leading cause of death for Americans. In the United States, approximately 1 of 3 adults have high blood pressure. This means nearly *70 million* people with hypertension. Despite this alarming number, only half of those people have their blood pressure under control.

Some of the risk factors for high blood pressure include smoking and being overweight. Healthy lifestyle can help in controlling blood pressure. Eating a healthy diet, maintaining a healthy weight, exercising, limiting alcohol use, and not smoking can all help with lowering blood pressure.

For more information, visit: <https://www.cdc.gov/bloodpressure/>



Flu

Seasonal flu activity can begin as early as October and end as late as May, but peaks between the months of December and March. To protect yourself from the flu, you should receive the seasonal flu vaccine. Other preventative methods include staying away from sick people and washing your hands thoroughly. The flu virus is a respiratory illness and spreads through the air. Main symptoms include: headache, sore throat, fever, chills, muscle aches, stuffy nose, dry cough, and fatigue.

For more information, visit:
<http://kidshealth.org/en/teens/flu.html#>

Pumpkin-Oat Pancakes



Ingredients:

- 1 cup pumpkin puree
- 1/4 cup milk of choice
- 2 tablespoons coconut oil (or butter), melted
- 1 tablespoon lemon juice (about 1 small lemon, juiced)
- 1 teaspoon maple syrup (or honey)
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup oat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon, ground ginger, ground nutmeg, ground cloves or allspice

Instructions:

1. In a small mixing bowl, stir together the pumpkin puree, milk, coconut oil (or butter), lemon juice and maple syrup (or honey). Beat in the eggs.
2. In a medium bowl, whisk together the oat flour, baking soda, salt and spices
3. Form a well in the center of the dry ingredients and pour in the wet ingredients. With a big spoon, stir just until the dry ingredients are thoroughly moistened. Do not overmix! Let the batter sit for 10 minutes
4. Heat a heavy cast iron skillet/non-stick pan over medium-low heat, or heat an electric griddle to 350 degrees Fahrenheit. Lightly oil the surface of your pan with coconut oil, butter or cooking spray.
5. Once the surface of the pan is hot enough, pour 1/4 cup of batter onto the pan. Let the pancake cook for about 3 minutes, until bubbles begin to form around the edges of the cake.
6. Once the underside is lightly golden, flip it with a spatula and cook for another 90 seconds until golden brown on both sides.
7. Serve the pancakes immediate or keep warm in a 200 degree Fahrenheit oven